

# FEATURING:

NSNA Convention

Advice from

Erica

End of Semester

Tips

RN-BSN

Vital  
Signs  
Spring 2017  
ISSUE



Drawing by Remington Mooney



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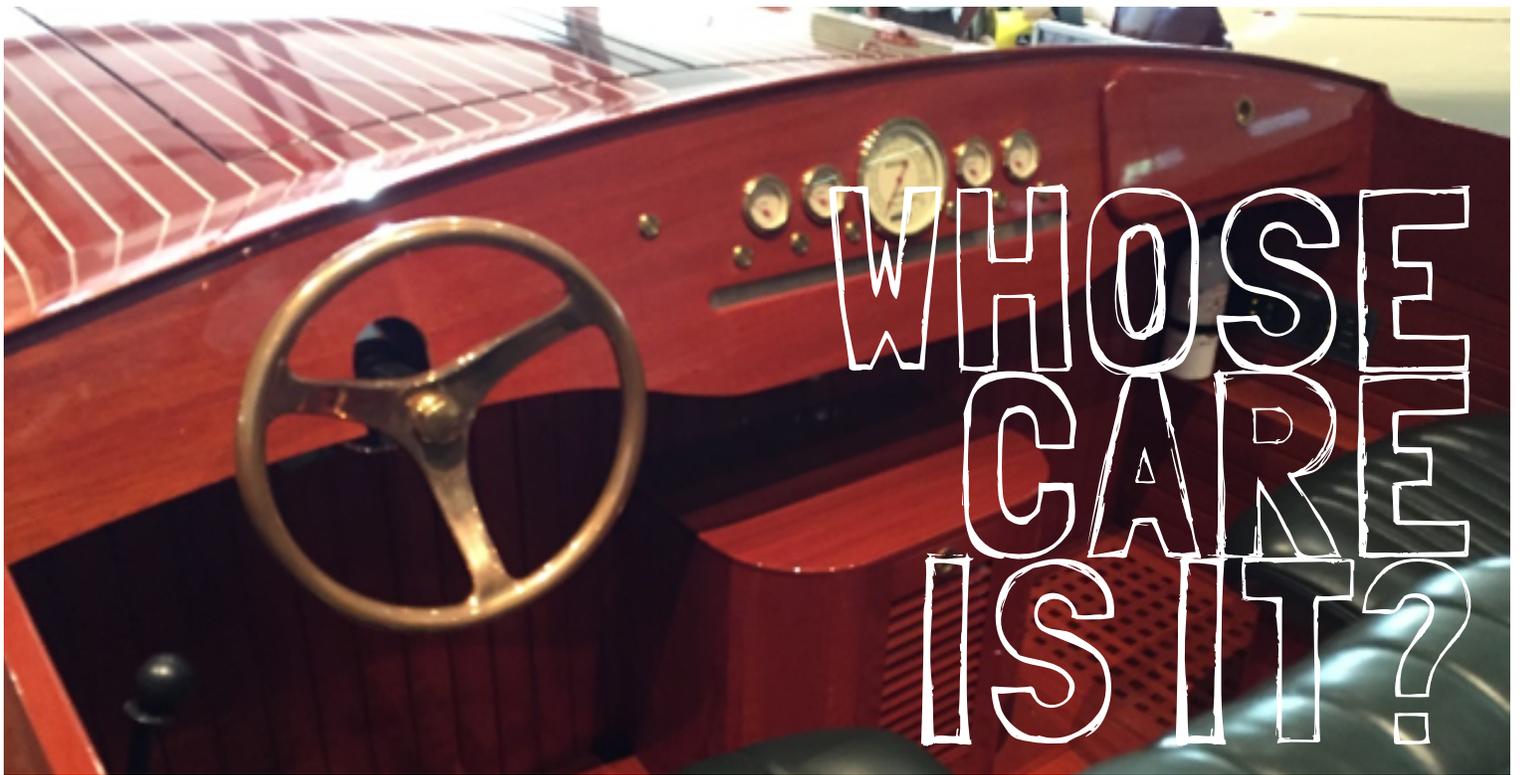
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# WHOSE CARE IS IT?

At the end of the academic year, it is helpful to reflect on why we work to become nurses in the first place. That goal is to provide the best quality of care for our patients as is humanly possible. It is easy to lose sight of this goal as you struggle through the multiple demands it takes to do well along the way. Nurses have the privilege to work with patients and their families at pivotal periods in their lives. These people rely on nurses to provide accurate, timely, safe care and information so that they can make informed decisions. It is why our ANA Code of Ethics requires us to treat all people with respect and dignity. Regardless of the direction that healthcare takes over the next few years, nurses have an

obligation to protect those under our care.

We are in this business to take care of patients. They must be foremost in our thoughts. The equipment and protocols we use in caring for them are just tools. While those tools are important, it is the final product that must constantly be in our minds.

My son is a professional boat builder and expert craftsman. His hand tools and larger woodworking machines are important to his work, but what separates him as a craftsman is his ability to accurately form a piece of wood into a part of a boat that is both functional and artistic. Its shape, form, size, and integration into the whole boat creates a final produce that is beautiful to look at, simple to use, and

fulfills a specific purpose. Similarly, an expert nurse uses our professional tools (equipment, skills, a depth of knowledge and experience) to create the specific care needed by a given patient. My best example of this blending of skill and art is an interview with a patient about quality care. When asked about the nurse completing an assessment of his condition, he responded that she had just talked with him and did not complete an assessment. However, when asked more specifically about what she did, it became clear that she had so woven the assessment components into her "talk" that he was unaware that an assessment had been completed. The "tools" faded into the background as the artistry and skill of this

nurse allowed the patient to assume the foreground.

My hope for each of you is that you become expert in this craft we call nursing. Our patients and communities deserve care that goes beyond being just functional. Our care should showcase the best of our ability to blend the art and science of nursing. This goal requires us to always keep the patient at the forefront. So as you go off to new jobs or a summer of new experiences, keep your patients at the front of your minds. Hone your skills, develop a facility at using those nursing tools, expand your knowledge, but remember that the end point is the best quality of care for your patients. Happy Summer!

-Dr. Philip Greiner



This year was my first time attending the NSNA Annual Conference. I attended the state convention last fall, so I had some idea of what to expect but I couldn't believe how BIG everything was at national convention! Over 3000 nursing students attended this year's conference in Dallas, Texas. There were many students presenting their research posters, tons of recruiters and graduate school advisors, and many amazing speakers who delivered meaningful focus sessions. One of my favorite parts was being able to meet nursing students from across the country and discuss the similarities and differences between our nursing

programs. At one point, a girl who was waiting in line besides me asked if I had taken Maternal & Infant Health clinical yet and asked me for help with her research paper. Clearly, we have more similarities than differences! I look forward to sharing all that I have learned about legislation, resume-building, nursing student associations, career opportunities, and much more in the upcoming year! I would also like to strongly encourage nursing students at any point in the curriculum to attend the CNSA State Convention in Pomona October 6-8th, NSNA Mid-Year Conference here in San Diego November 2-5th, or even NSNA Annual

Convention in Nashville April 4-8, 2018! You will walk away inspired!

-Sheryl Warfield,  
CNSA President  
2016-2018



THE CAMPAIGN FOR NURSING'S FUTURE

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Responsibilities for being a Delegate at National Student's Nursing Association Convention include electing the new national officers to serve on the Board of Directors and voting on resolutions that have been submitted by students nationwide. At the House of Delegates, resolutions that have been reviewed by the resolution committee are presented and debated. The author of the resolution is allowed two minutes to discuss their rationale for the importance of their resolution and why the House of Delegates should vote in favor. Following the authors statements, time is allowed for two

pro and two con statements as well as any clarifications that may need to be addressed. This year fifty-eight resolutions were submitted and fifty-three resolutions were passed. Highlights of the resolutions that were passed include "in support for advocacy for policies supporting affordable health coverage and quality care," "increased nursing student action on and awareness of the effects of climate change on health," and "in support of increasing awareness of the dangers of sedentary lifestyles." Hearing resolutions that students wrote and the passion they pronounced for the subject at hand was a

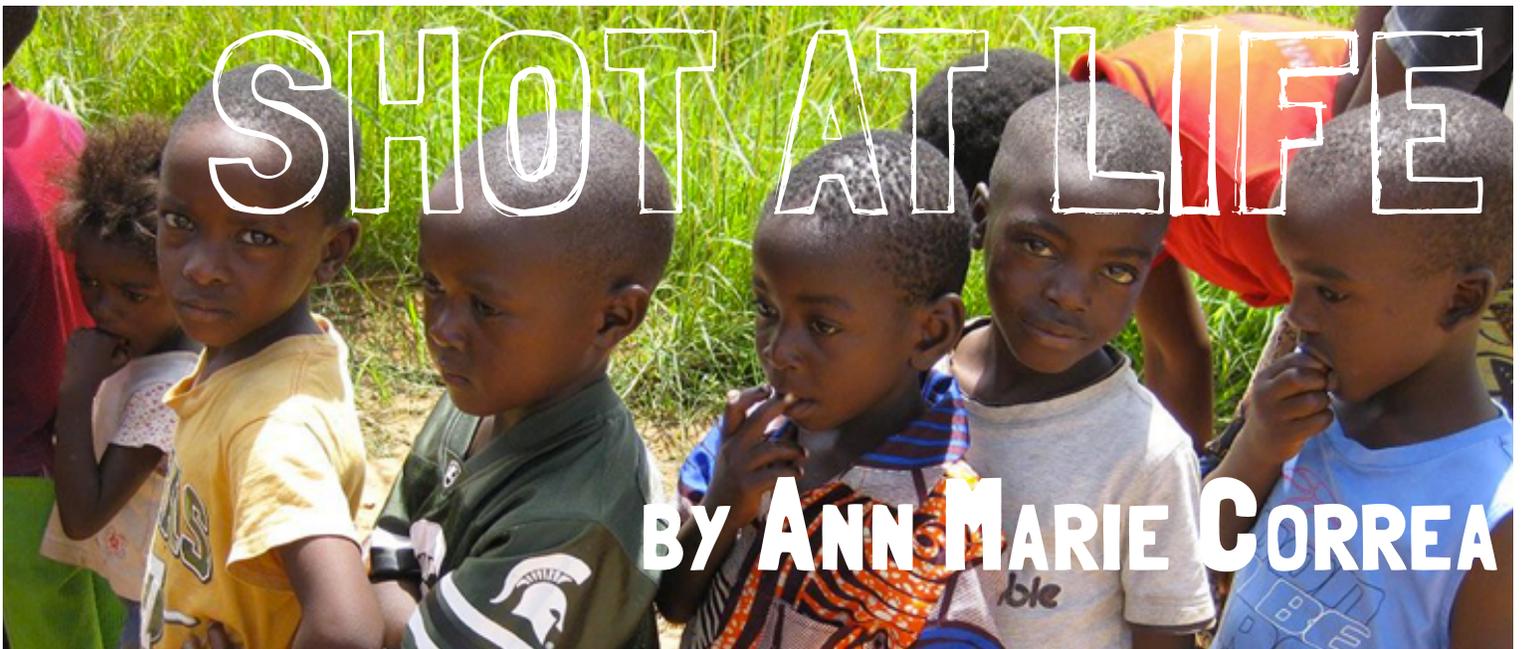


very inspiring experience. If you have a strong passion for a topic that is in need of change or reinforcement in the nursing profession, opportunities to help write a resolution to be presented next year at California Nursing Students's Association Annual Convention and National Student's Nursing Association Convention are available. For further details contact the newly elected Legislative Director, Molly Shay.

-Hannaah Osuna

Legislative Co-Director 2016-2017





# SHOT AT LIFE

BY ANN MARIE CORREA

Every 20 seconds, a child dies from a vaccine-preventable disease in developing countries. My experience at the National Student Nurse Association Convention in Texas was full of amazing experiences but the thing I was most passionate about was this statistic. It was then that I realized the extent to which vaccines are taken for granted here in the United States. It is a privilege that we do not think twice about when half way around the world, children are dying from illnesses that could have been prevented by vaccine. Measles, polio, pneumonia, and diarrhea are four of the world's most deadly and disabling diseases, all of which could be combated by vaccines. The mothers in Zambia are just one

example of how hard these diseases can really be. Children in these areas are not given a name until they reach the age of 5. This has nothing to do with the mothers disinterest in the baby, but rather about the hard facts of life in places such as Zambia. Most of these women have had several children, all who have died from vaccine-preventable diseases before they reached the age of 5. It is for this reason that mothers wait to name their child till they know that they have a chance of survival, it is too hard to become so attached to someone that may not survive.

I attended a focus session led by a nurse and activist for an organization called Shot@Life. This organization works to support the UN and vaccine

partners around the globe to make sure that children have access to vaccines and a shot at life. This Alliance makes it possible for vaccines to get to even the most remote corners of our world, though the trek is not easy. Both families and vaccines travel great distances through the Cold Chain. The vaccines are ordered by UNICEF and then delivered to the designated areas by Gavi where the Cold Chain begins. A chain of people transports the vaccines by foot, motorbike, car, boat, bicycle, and even ox cart to reach the designated meeting spot where eager families are waiting with their children. For these families, being able to give their child a vaccine means giving them a chance to live another day and is what makes this incredible journey worth it. I am incredibly grateful to have had the opportunity to attend National Convention and to grow in my education and passion about topics such as this. I encourage everyone to visit their website at [shotatlife.org](http://shotatlife.org) to learn more about this amazing group and what each of you can do to contribute.

-Ann Marie Correa, Global Initiatives Director 2016-2017

shot @life

## Hello SDSU School of Nursing Students Faculty and Staff:

My name is Erica Fontana and I was a SDSU SON graduate Class of 2015! GO AZTECS! I have been working as a RN for a year and a half in Labor and Delivery. I would like to share with you five pieces of advice that I wish I new while going through nursing school and transitioning into becoming a RN.

1. You **WILL** pass Nursing School: Time sure flies by fast if there is one thing I wish I did more of while going through nursing school was to soak in every moment and spend as much time with my classmates as I can. Before you know it graduation will be upon you and you all will be starting New Grad programs all across the country, so enjoy those late night study sessions because your Nursing school friends will be in your life forever.

2. You **WILL** pass the NCLEX (even if it takes you 2 times): I myself had to take 530 NCLEX questions...It was the hardest thing I have ever done but it was so worth it. At the time after not passing, I was so sad that all of my friends passed and I did not. I had to dig deep, study harder and lean on my classmates for support. If this happens to you I

promise eventually you will pass and become a RN, if I can do it any of you can too. Remember one test does not define the amazing nurse that you **WILL** be.

3. You **WILL** get Hired: I encourage you all to apply to as many jobs that interest you. Your first job may not be your dream job but remember that everything happens for a reason and every opportunity will help you grow as a nurse. Even if you are unsure about a job title just go through the interview process because that experience will make you even better prepared for your next interview. For example, I interviewed at both Sharp Mary Birch and Sharp Grossmont in L and D. I got hired for both positions and going into the process I thought that I would for sure choose Mary Birch, but after the interviews I felt that Grossmont was the right fit for me. I didn't want to do the Grossmont interview but now I am so thankful that I did. Go into your interviews with an open mind and heart and the right job opportunity will fall in your lap.

4. You **WILL** make mistakes: I will never forget the first time that a doctor yelled at me for a mistake I made. In that moment I thought my life was over but then I realized I would never make that

mistake again and this doctor taught me a huge lesson. When you start your job make friends with the people on your unit, they become your family. I learn something new every day at work and I always remind myself that the day I stop asking questions and wanting to learn will be the day I make a mistake.

5: You **WILL** always strive to be the best nurse you can be: We are all so blessed to be a part of the wonderful SDSU SON program. Nursing school prepared me so well for my first job and for that I am forever grateful. This nursing program taught us that we have so many opportunities and that if we have the heart, compassion, intelligence and determination we can be the **BEST** nurses that we want to be.

Last but not least remember to have confidence in yourself as you transition from Nursing student to RN. You have been trained by the best, have a great support system, and you can be anything you want to be. I wish you all the best in your nursing career this truly is the **BEST** profession in the world.

Best wishes,

Erica Fontana RN



# HELPFUL TIPS FOR THE END OF THE SEMESTER!

## 5 GREAT STUDY PLACES ON CAMPUS

- 1. Love Library
- 2. Student Union Lounge
- 2. Turtle Pond
- 3. Aztec Shops Terrace
- 4. East Commons



## NEED A STUDY BREAK?

- 1. Go for a walk on the boardwalk at the beach
- 2. Hiking around San Diego
- 3. Swimming at the Aztec Aquaplex
- 4. Grab a cup of coffee at a local coffee shop
- 5. Have a Movie & Game Night



## Resume Review:

- 1. Visit the Career Center!
- 2. Have your peers review your resume!
- 3. Ask you instructors or preceptors!
- 4. Attend resume building workshops & seminars!
- 5. Seek out the guidance from your mentor!

## Career Building Tips:

- 1. Start Early
- 2. Individualize your resume to highlight your strengths
- 3. Personalize your cover letter
- 4. Create a portfolio
- 3. Practice interview questions

# RN to BSN.....who are these people??!!!

By Judy Medina, RN

## RN to BSN vs Traditional.....What's the difference?

RN to BSN students have completed a "two year" nursing program at a community college, although the phrase "two year" is deceiving because it actually takes 3-4 years total when you include prerequisites. In these programs students complete core nursing courses which may include pharmacology, fundamentals, perioperative, pediatric, obstetric, metabolic, nutrition, psychiatric, and critical care nursing. Upon graduation, an associate's degree in nursing is awarded. ADN graduates are able to sit for the NCLEX, and receive the same RN license that traditional four year students do. Most RN to BSN students are working as RNs already!

## Why come back to school if you already have your RN license?

Gaining a bachelor's degree has several advantages. For example, it expands job prospects. Larger hospitals, or those with magnet status, are more likely to hire graduates who have earned a BSN. RN to BSN students value continuing education as a key component to advancing in their careers. **If you have already completed the nursing courses, what classes do you take to get your BSN?**

RNs take courses in leadership, community health, advanced assessment, research, professionalism, and possibly writing (yes, we also feel the wrath of the WPA). **What RN to BSN students are NOT....**

They are not students who "couldn't get into a 4 year program". Most students from community colleges are highly qualified, highly competitive candidates. Yet, due to personal preference or life circumstance, they chose this cost effective route that allowed them to work as an RN while completing their degree. They also are not limited in scope of practice. They take the same NCLEX and earn the same license as a four year nursing graduate. **Why should I get to know the RN to BSN students?**

As we mentioned, most RN to BSN students are working as RNs already! They have gained valuable experience and could provide some insight and guidance to traditional students who are approaching graduation. Keep in mind that community college students come from very diverse backgrounds. Some are single parents, sole providers, full time workers, adult reentry students, second career students, refugees, physicians from other countries, etc. This life experience shows strengths and resiliency....a valuable asset. Finally, RN to BSN students have PASSED THE NCLEX!! They might have some useful tips!



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